



“God With Us In Our Anxiety”

December 8-9, 2018

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INTRODUCTION

Christmas is often full of many wonderful things: joy, family time, celebration and fellowship. Yet Christmas is also a season where people experience deep struggles as well. We wrestle with issues like doubts, anxiety, fears and failures. Yet through it all, the miracle, the message, and the encouragement of Christmas is that GOD IS WITH US.

DISCUSSION QUESTIONS

1. On a scale of 1-10 how anxious of a person do you consider yourself to be? Is there a particular thing that you tend to get anxious about more than others (finances, relationships, time, etc.)?
2. Share about a season or situation in life where you experienced anxiety.
3. How do you usually cope with your anxiety? Are there particular methods that you have found that help you more?
4. **Read 1 Peter 5:6-11.** Why is it so important humble ourselves before God, and trust in his care and love for us?
5. Peter shows us that there is often a link between pride and anxiety. For instance, pride makes us anxious in multiple ways:
 - a. Pride makes us **self-centered** (i.e. social media; FOMO; etc.).
 - b. Pride **refuses to ask for help** (relationship; marriage; financial; emotional)
 - c. Pride has **control issues** (i.e. selfish, stubborn, defensive, etc.).
 - i. WHICH OF THESE CAN YOU MOST RELATE TO, and why?
6. The Big Idea (from 1 Peter 5:7) challenges us to cast all our anxiety on God, because He cares for us. Do you find this to be easy or difficult? Explain.
 - a. **Have you ever tried to cast (or “transfer” your anxiety onto God...trusting** that He cares for you and is strong enough to handle it? How did He respond, and what were the results in your life?
7. **Read Matthew 6:25-34.** Jesus gives his us 5 questions to ask that will help ease our anxiety: 1. Is there more to life than food and clothing? 2. Are you more valuable than birds? 3. Ultimately, what good does worrying do for you?
 4. **Are you more valuable than flowers?** 5. **Do you trust God...really?**
 - a. Discuss each of these questions and consider how it would help ease your anxiety.

8. Read Matthew 1:23, Philippians 4:6-7, and Matthew 11:28-30. These verses talk about the presence, the peace and the power of God in our lives.
- Which of these encourages you the most, and why?
 - Where do you need God's presence, peace, power, or rest (at the soul level) in your life TODAY?**

COMMIT TO MEMORY

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷ Cast all your anxiety on him because he cares for you.

1 Peter 5:6-7

PRAY FOR EACH OTHER

Share prayer requests and close in prayer. Commit to praying for one another throughout the week.